

## DIABETES IN KENTUCKY'S SENIOR CITIZENS

### DIABETES IS A COMMON DISEASE:

υ From **1997-1999**, 15% of Kentucky's senior citizen population had diagnosed diabetes. Individuals aged 65 and older residing in the Appalachian region of the state had the highest number of reported diagnosed diabetes than any other area of the state.

#### Prevalence of diabetes by region among individuals aged 65 and older:

Region	Number	%
Eastern KY	20,918	15.3
Western KY	20,770	14.3
Louisville	12,740	13.7
Central KY	12,216	18.2
Northern KY	6,887	14.0

### DIABETES IS A CONTROLLABLE DISEASE:

υ Current scientific evidence indicates that much of the morbidity and mortality associated with diabetes can be eliminated through aggressive treatment approaches to normalize blood glucose levels including routine physician visits, self-management training, dilated eye exams, foot exams, and a glycosylated hemoglobin level check.

υ Unfortunately, a wide gap still exists between current and desired diabetes care and practices. From 1997-1999, the following behavioral practices were reported by individuals over the age of 65 with diabetes.

	RECEIVING A DILATED EYE EXAM WITHIN PAST YR.	RECEIVING A FOOT EXAM = 1 TIME IN THE PAST YR.	HEMOGLOBIN A1C CHECKED = 1 TIME IN THE PAST YR.	RECEIVING A FLU VACCINATION WITHIN THE PAST 12 MONTHS (1999)	EVER RECEIVING A PNEUMONIA VACCINATION (1999)
<b>65+ Kentucky</b>	68%	51%	7.7%	73%	54%
<b>65+ by Region</b>					
Louisville	77%	56%	1.1%	71%	49%
Western KY	73%	50%	4.6%	74%	62%
Eastern KY	56%	45%	7.8%	65%	44%
Central KY	70%	64%	12%	83%	47%
Northern KY	71%	36%	21%	74%	80%

**DIABETES IS COMMON IN KENTUCKY'S SENIOR CITIZEN POPULATION WITH MORE CASES OCCURRING IN INDIVIDUALS OVER THE AGE OF 65 THAN ANY OTHER AGE GROUP.**

**Data Sources:** 1997-1999 Kentucky Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention

